

Fremont Senior Center

June 2016 GAZETTE



Senior Center Staff: Aisha Jasper, Manager ~ Tanya Mendoza, Program Coordinator ~ Lynn Hood, Rental Coordinator, Jeffrey Castillo, Chef/Food Service Manager ~ David Hapiuk, Assist. Chef ~ Laura Cheung, Office Staff ~ Laura Jimenez, Office Staff

Four Seasons of Health Expo Friday, June 3rd 9:00-1:00

Demonstrations of Fun and Healthy Activities! Medicare/MediCal Options Nutrition, Health and Dental Screens, Transportation Services & Clipper Card Distribution, Lifelong Learning and Delicious Summer Food will be sold!

Member Appreciation Week June 26th–July 1st!

The Fremont Senior Center began registration requirements last month asking everyone who uses the senior center to fill out a registration form. We also encouraged all people who use the senior center to become a member. All good deeds go rewarded! To thank all of the people who recently became members of the Fremont Senior Center or those that have been members for years, stop by the senior center the week of June 26th each day. Each day members will get a different thank you token, ranging from a pencil to homemade baked cookies from scratch (while supplies last). The Fremont Senior Center greatly appreciates your support! As a recap, listed below are just few benefits members get with their membership: They receive a discount on lunch and breakfast, and members can register and pay for classes as well as renew their membership online/ from the comfort of their own home.



Fremont Senior Center News!

Fremont Senior Center staff has been working hard the last few months to upgrade our online presence, we are proud to announce that **MEMBERS** can now sign up for classes online. By visiting <https://www.fremont.gov/351/Senior-Center> and clicking on “visit our new web portal” you can sign up for classes from the comfort of your home. Please be on the lookout, we will be holding classes soon to help those who would like to learn how to register for classes online.

Avoiding Hidden Bank Fees! Thursday, June 23rd 11:00 AM-12:00 PM

Come join the Fremont Senior Center for a *free* financial education presentation! Consumer Credit Counseling Foundation and the Tri-Valley Housing Opportunity Center are teaming up to present a seminar called “Avoiding Hidden Bank Fees” Please sign up for this presentation at the Fremont Senior Center Office or by calling 510.790.6600.

COMMUNITY SERVICES

FREMONT HUMAN SERVICES DEPARTMENT	574-2050
Coordination of services for homebound seniors.....	574-2041
Senior Center.....	790-6600
Senior Help Line - Information & Referral.....	574-2041
Fremont Paratransit Program.....	574-2053
Multi-Purpose Senior Services Program (MSSP).....	574-2041
Senior Peer Counseling.....	574-2041
Caregiver Support Program.....	574-2041
LIFE ELDERCARE	574-2090
Meals on Wheels.....	574-2092
Friendly Visitor Program	574-2097
VIP Rides.....	574-2096
AFGHAN ELDERLY ASSOCIATION	574-2059
ALAMEDA COUNTY WEBSITE	www.alameda.networkofcare.org
AL-ANON HOTLINE	276-2270
ALZHEIMER ASSOCIATION HOTLINE	1-800-660-1993
ALZHEIMER’S SERVICES OF THE EAST BAY	888-1411
BACS ADULT DAY CARE CENTER	656-7742
CITYSERVE COMPASSION NETWORK	796-7378
COMMUNITY HEALTH RESOURCE LIBRARY	494-7030
EAST BAY PARATRANSIT	1-800-555-8085
HEALTH INSURANCE INFORMATION SERVICE	1-800-770-9447
HOUSING ASSISTANCE (FREMONT OFFICE OF HOUSING)	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	1-800-393-0363
TRI-CITY HEALTH CLINIC	713-8166
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR CENTER WITHOUT WALLS	1-877-797-7299
SOCIAL SECURITY	1-800-SSA-1213
TRI-CITY ELDER COALITION	tceonline.org or 574-2050



On Lok Lifeways

Join us on Thursday, June 16th at 11:00 am to learn about On Lok Lifeways, the program of all-inclusive care for seniors. Get more details about how On Lok keeps seniors in their own homes. Please sign up at the Fremont Senior Center Office or by calling 510.790.6600.



June Birthday Celebration Friday, June 10th at 1 pm

THE FREMONTAIRES

Everyone is invited for the **June** birthday party as we celebrate our June birthday celebrants. They will play songs that will make you want to sing along and you’ll feel like you’ve been to the Islands. After performance, we’ll enjoy cake, ice cream, and coffee! Bring a friend! *Cake donated by Rose’s Mortuary and Entertainment and Gifts from Builders Fund, FSC Garden Club and Hope Station.*

New Class!

Rock N’ Aerobics ~ Tuesdays Starting June 7th 2:00-2:45pm

Join us for a FREE introductory class on June 7th of this fun and exciting aerobics class. This class is designed to get your heart pumping and your energy level up. Stop by the Fremont Senior Center to sign up for this class or call us at 510.790.6600. Space is limited so don’t wait!

FATHER’S DAY “SUAVE” HAT & CRAZY TIE CONTEST Monday, June 20th at 11:45 am

Go in your closet and dig out your sharpest hat or bring your craziest tie! The crowd will decide which participant has the most **suave** hat and who has the **craziest tie**. Winners will receive a prize! After the hat contest stay for our delicious Father’s Day Lunch! Get your lunch tickets soon as we will sell out.

Day Trips! Day Trips!

Jackson Rancheria Casino

Monday, June 6, 2016
\$29 Member/\$32.00 Non Member

Sciabica & Son’s, Hilmar Cheese Co. & Wente Vineyards

Tuesday, July 12, 2016
\$82 Member/\$92 Non Member

“Beautiful” The Carole King Musical

Wednesday, August 17, 2016
\$129 Member/\$139 Non Member

Upcoming Events at the Senior Center

- Friday, June 3rd, all regular programs canceled for Health Expo. Lunch can be bought outside at the white tents only and eaten at park or inside the senior center.
- New Matter of Balance Class starting up June 30th



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2050.